

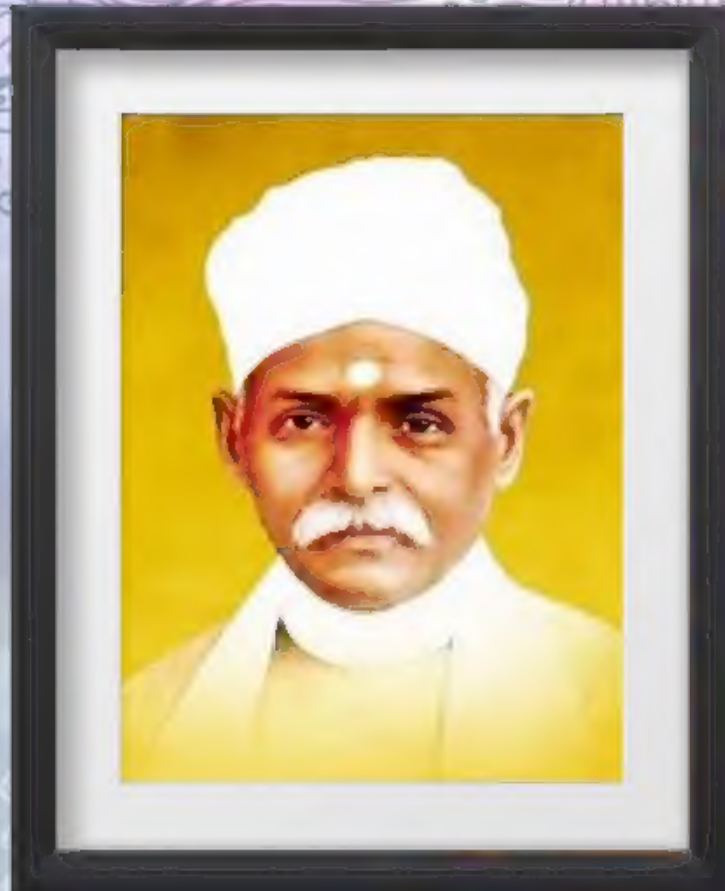
# ABHIVYAKTI

Yamuna E-magazine 2023





# With the Blessings of



*Mahamana Pandit  
Madan Mohan Malaviya  
1861-1946*

*"Character development is more  
important for the advancement of  
the individual and society than  
intellectual development"*

# ABHIVYAKTI

Welcome Readers to the very first edition of Abhivyakti. Abhivyakti is an exclusive e-magzine of Yamuna Hostel. Abhivyakti is student based electronic publication for the students of Yamuna Hostel. We are inspired by diversity of thoughts and culture in our hostel. Origin and intentionality behind our name 'Abhivyakti' is simple: to express. We are grounded in bringing out the life and joy of our lovely hostel and inspire to hostel's diverse yet playful side through art, literature and whatnot. Any yamuna hosteller is welcome to submit there enteries at [magzineyamuna@gmail.com](mailto:magzineyamuna@gmail.com)



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## ***FROM THE EDITOR'S DESK.....***

At many instances, after a long day at college , tired and drained , i have refered my hostel as my Home. Not that i don't miss my parents and siblings. But this Yamuna Hostel, it is not just a temporary residence. It has become a second home , a place where countless memories are etched in the walls. This magazine is a way to celebrate all those memories. It is a kind of scrapbook of us all Yamuna Hostellers. Our attempt to capture the joy and love we have shared inside these four walls. The time i have spent in putting this magzine together will always be a memorable piece of my life. This booklet wasn't possible without our Admin Warden and Warden Madam's insight and their encouragement. It would not have been possible to bring it in existence without the support of all my lovely hostellers. With hope that our readers would feel the fun, excitement and love of all our contributors for this first issue, i invite you all to share our life at Yamuna Hostel with by reading this magazine.

***\_ Sakshi  
LLB student  
Faculty Of Law,  
Banaras Hindu University***

# Yamuna Hostel, Triveni Complex, BHU

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Yamuna Hostel is one of the prominent accommodations within the Triveni Complex at Banaras Hindu University (BHU) in Varanasi, India. BHU, founded in 1916, is one of the most prestigious and renowned universities in the country. The university's vast and lush campus spans across 1,300 acres along the banks of the sacred River Ganges, making it a significant landmark in Varanasi, the spiritual and cultural capital of India.

Triveni Complex, within the BHU campus, is a hub of various hostels catering to the diverse student community of the university. Among these, Yamuna Hostel stands out for its amenities, vibrant student life, and rich academic environment.

Accommodation at Yamuna Hostel is primarily provided to female students pursuing undergraduate, postgraduate, and research programs at BHU. The hostel offers a safe and comfortable living space, ensuring that the residents coming from very different backgrounds, enrolled in various courses, have a conducive environment to focus on their studies and personal growth under one roof.

Facilities at Yamuna Hostel are designed to meet the needs of its residents. The rooms are well-furnished and equipped with essential amenities like study tables, wardrobes, and comfortable beds. The proper establishment of WiFi facility is a well-loved thing by every resident. The hostel has a common dining area where nutritious and hygienic meals are served to the students. The Mess is clean and well-maintained by the hard-working Mess-Staffs. The food is served to everyone at one place, with mess committee appointed to have check on the quality. This fosters a sense of community and encourages students from various backgrounds to come together and share their experiences.





One of the significant advantages of living in Yamuna Hostel is its location within the Triveni Complex. The complex houses several other hostels, academic buildings, playing court, gardens and recreational facilities. It is close to most of the faculties, and is situated very near to the hospital and main lanka market. The availability of stationary shop and Fruit and groceries shops within the complex campus is one more plus point. This proximity to academic resources and day to day life things ensures that students have easy access to the knowledge and materials they require for their studies.

Life at Yamuna Hostel is not just about academics. The hostel also promotes extracurricular activities and cultural events, providing students with opportunities to showcase their talents and interests. These events create a sense of camaraderie among the residents and contribute to a vibrant hostel life. Our hostel regularly organises beneficial workshops, cultural programs and sport events.

Moreover, being located within the BHU campus, Yamuna Hostel is enveloped in an atmosphere of spiritual and cultural richness. The Ganges, a sacred river for Hindus, flows nearby, and the city of Varanasi is known for its ancient



temples, ghats, and cultural heritage. Students at the hostel have the privilege of immersing themselves in this unique blend of spirituality and academia. The administration at Yamuna Hostel takes the safety and well-being of its residents seriously. There are dedicated wardens and support staff who ensure that the hostel maintains a secure and comfortable environment for the students.

In conclusion, Yamuna Hostel, Triveni Complex, BHU, Varanasi, is not just a place of residence for students; it's a microcosm of academic growth, cultural exchange, and spiritual exploration. Because of the nurturing environment and holistic development opportunities, the hostels in BHU campus are sought-after choice for female students aspiring to be part of the academic excellence and cultural heritage that BHU and Varanasi have to offer. Yamuna Hostel under the coordination of our Coordinator Madam, Guardianship of our Admin warden and Warden Madam, and care of the housekeeping Staffs, Mess maharaj ji and his team, protection of the Proctor Members and guards we resident of Yamuna Hostel, Triveni Complex, Banaras Hindu University owe a major part of our growth and development to this hostel life.

Sakshi

Law student, LL.B

Faculty of Law,

Banaras Hindu University.





एक शक्स में रहे, कुछ मलाल में रहे  
हम बेवजह किसी के इंतजार में रहे

अहदों में मिटे, खामोशियों से कहें  
हम माजी में पहले, बाद आज में रहे

नए सफर शुरू हुए लोग रुबरु हुए  
बेताब एक पुकार की फिर तलाश में रहे

स्पर्श ना मिला कभी किरदार ना दिखा कभी  
गया छोड़ कहानी वो, असर हर किरदार में रहे।

**\_Medha Mishra,**  
LLB Student,  
Faculty of Law ,  
Banaras Hindu University.



## प्रतीक्षा और शीत मरुस्थल

शीत मरुस्थल में तुम जो आजाते  
जमती बूंदों को ताप मिल जाता।  
विचरते रेत के ढूहों पर  
उजागर एक नाम तो होता।  
नदी ना चूकती थिरकने से  
और ना ही दरकते बर्फ के स्वेत पहाड़ मंजिल पर  
जाती उन सड़कों पर।

दूर सुनसान घाटी की उस गोमपा में,  
कोई दीप जलाये अराधना करता है  
तुम्हारे आगमन की,  
हे तथागत अनंत की सीमा भी शिथिल हो थक  
चली है,  
और विश्वास भी है कुछ नम सा है,  
तुम आओगे कि नहीं  
इंतजार की इन्तेहा हो रही है ,  
अब शाम भी सुरमई हो चली है।  
क्षितिज पर फिर वही गोल मोती सा चाँद उग  
आया है.  
अनंत आकाश पर बहती निहारिकाओं से कोई  
सदा सी आती है,  
और चमकता है अटल विश्वास का एक तारा  
उत्तरी ध्रुव।

**\_Sneha Rani,**  
Research Scholar, (Fine Arts)  
Faculty of Arts.  
Banaras Hindu University.



Oh, women of the world!  
I call upon you to remind you  
Of something now long forgotten  
When someone yells at you  
"Hush, that's not how ladies laugh,"  
Laugh out loud, and break such stereotypes  
in half.

When someone tries to silence your voice,  
Speaking fearlessly should be your only  
choice.

"Don't go there, don't wear that," this world  
will say,  
Wear the same clothes and choose the same  
places  
Where you want to run and play.

They will say achievements are beyond our  
reach,  
And that we exist solely for kitchen and to  
breed.

They will try to make us prisoners of  
household chores,  
But don't forget you are in this world for  
more.

Remember, you're equal, no less than any,  
Embrace your power, let your light shine,  
Don't let the world treat you as a sex  
secondary,  
Cz you shape the world, it's your time to  
shine!

\_Samriti Jaswal  
M.A French  
Faculty of Arts.  
Banaras Hindu University.

## रुठा बचपन

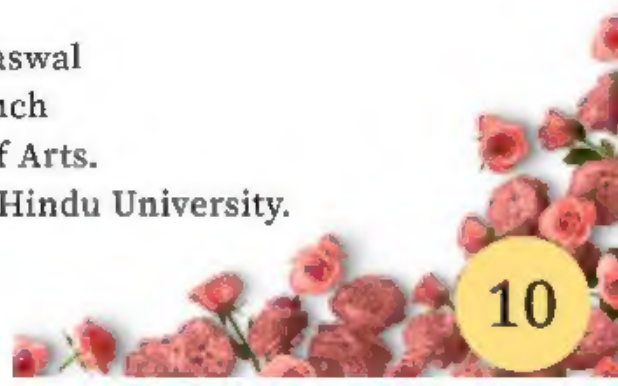
कलम वाले हाथों ने आज पत्थर उठाया है  
मासूम एक बच्चा आज फिर से मुरझाया है  
पढ़ने की उम्र में जिम्मेदारी आ गई कांधे पर  
बस्ते की जगह कांधे पर बोझा उठाया है।

ख्वाहिशें बहुत थीं मगर कभी जता नहीं पाया  
है सुंदर से जीवन में सुंदरता ढूँढ नहीं पाया है  
खाली पेट काम पर जाना मजबूरी थी उसकी  
खाने के लिए दो वक्त की रोटी जुटा नहीं पाया  
है

पढ़ना था उसे पर कहां पढ़ पाया है मजबूरी ने  
उसे मजदूर बनाया है बचपन के सुनहरे पलों  
को वो बस्ते में अपने घर छोड़ आया है

-अनुष्का |

\_Anushka ,  
B.A Performing Arts( Kathak),  
Faculty of Visual Arts.  
Banaras Hindu University.







तू सोच तो...

नदी अपना मार्ग स्वयं ही बनाती है,  
हवा बिन सहारे, यहाँ से वहाँ को जाती है,  
आसमान अब्धि से जल ला, स्वयं ही बरसता है,  
जब प्रकृति खुद पर निर्भर है,  
तो तू क्यों किसी के साथ को तरसता है?  
ए मेरे दोस्त, मेरे साथी, मेरी आत्मा,  
आँखें खोल,  
और आईने में, खुद का दीदार तो कर,  
तू खुद ही, खुद से, प्यार तो कर।  
तेरे अंदर ही तेरा परवर दिगार मिलेगा,  
खुद में ही तुझे स्नेह, और प्यार मिलेगा।  
तू लड़कर अधेरी से, रौशनी तो ला,  
प्रेम भरे बाती के, दीप तो जला,  
तू क्यों इतना खोया सा, परेशान क्यों है?  
तेरा सब कुछ तुझमें है, हैरान क्यों है?  
तेरा साथी तू खुद है, ऐतबार तो कर,  
तू खुद ही, खुद से, प्यार तो कर।  
जब लगे तुझे ऐसा, की कोई साथ नहीं है,  
जब ये भी लगने लगे, कि तुझमें कोई बात नहीं है,  
तू गहराई में डूब जा, और खुद को झकझोर,  
तेरी खूबी मिलेगी तुझे, किसी ना किसी ओर,  
तू जिस मकसद से आया है, उसकी खोज कर,  
उसे जान , पूरा कर और फिर मौज कर,  
तेरा होना बेकार नहीं, तू स्वीकार तो कर,  
तू खुद ही, खुद से, प्यार तो कर।  
तू खुद ही, खुद से, प्यार तो कर॥

\_Priyanka Kumari

Research Scholar,

Department of AIHC & Archaeology  
Banaras Hindu University.

छात्रावास के प्रति दृष्टि कोण

मैं अक्सर हैरान रहती यह सोचकर,  
निरालम्ब कैसे रहते लोग यहां?  
न परिवार का अवलंब , नाहीं दीवार का  
सिर्फ ईंट का समूह है,  
उसमें अवलंब ढूँढना मद्दू का कार्य है।  
कुछ काल तक जारी रहा अवलंब ढूँढना,  
पश्चात इसके निरालम्ब विक्षिप्तों से हुयी मुलाकात ।  
देखा कुछ बिखरें हुए हैं टुटे दर्पण की तरह,  
और कुछ निखर गए हैं परखे हीरे की तरह।  
फिर रुका अभियान अवलंब ढूँढने का,  
प्रारंभ हुआ कार्य हीरा बनने का।  
अभी है कार्य प्रगति -पथ पर,  
मिलेंगे आपसे शिखर की ऊंचाईयों पर।  
संभवतः कुछ काल का अंत राल हो,  
जब शिखर मुझ से आपकी मुलाकात हो।  
मार्ग जो हमारे शिखर तक जायेगी,  
सहायता इनका अवश्य उसमें होगी।  
संशय नहीं करते ये सहायता करने में,  
यथा नदियाँ अपना धारा प्रवाह बदलने में।  
धन्यवाद ज्ञापन करेंगे कुछ काल पश्चात,  
संवाद जब होंगे हमारे आपके मध्य।

\_Alaka Kumari

Shahitya Student,

Sanskrit Vidya Dharm Vigyan Sankaya  
Banaras Hindu University.

## B.H.U.. HOSTEL

जहाँ रिश्ते और रिश्तेदारों के बगैर जीना होता है,  
वहाँ हर पल कुछ नया ही सीखना होता है,  
जहाँ नहाने खाने के लिए माँ की आवाज नहीं आती,  
लड़ने पिटने पर वो मुझे पुचकारने नहीं आती,  
भूख लगने पर जब हम कुछ भी खाने लग जायें,  
बिन बात अकेले ही दाँत दिखाने लग जायें,  
रुमाल न धुलने वाले जब बाल्टी भर कपड़े धोने लग जायें,  
जब सिर्फ सर को छोड़कर देश-दुनियाँ की सोचते हैं,  
तब समझ लेना दोस्त ये बात घर की नहीं हॉस्टल की है।  
ये बात मेरे BH U. हॉस्टल की है।

जहाँ से हमारे सपने अपनी उड़ान भरते हैं,  
सिर्फ पास होना न सोचकर हम आगे की सोचते हैं,  
जिदगी भर खाने वाले जब खिलाने की सोचते हैं,  
जब सिर्फ घर की छोड़ कर देश-दुनियाँ की सोचते हैं,  
और हाँ जो नहीं करना चाहिए जब वो भी करने की सोचते हैं,  
तब समझ लेना दोस्त ये बात घर की नहीं आए हॉस्टल की है।  
ये बात मेरे BH.U. हॉस्टल की है।

जहाँ बाप के नहीं दोस्तों के नाम पे अकड़ दिखाते हैं,  
काण्ड हो जाने पर घर वालों को नहीं दोस्तों को बुलाते हैं।  
गर्मी के दिनों में AC का मजा बने लाइब्रेरी को जाते हैं,  
आम खाने को दिल चाहे तो घंटों पेडों पे लठ बजाते हैं,  
धन्य हो बाबा को जिसने यह सौभाग्य हमें दिलाया है,  
मालवीय भूमि, बनारस, गंगा का संगम एकसाथ दिखाया है,  
है यही प्रार्थना अब तुमसे, हो अमिट यह पल मेरा  
जो छोड़ रहे हम काशी को, न छोड़ेगा यह मन मेरा  
न छोड़ सकेगा यह मन मेरा "

**\_Srishti Rana**

**Research Scholar,**

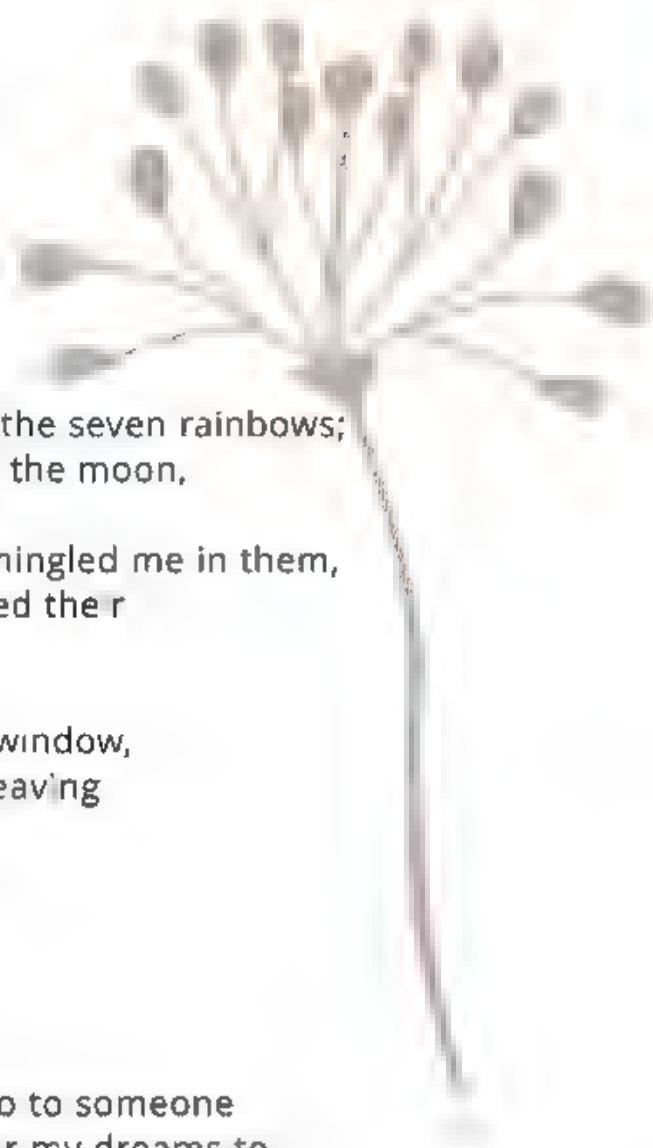
**Sanskrit Vidya Dharma Vigyan Sankaya,**

**Banaras Hindu University.**



## **The Secret Promises**

A wild wind knocks on my door,  
And scatters my peaceful world of dreams.  
It carries along a wave of fear  
That destroys my fantastic world of ease.  
Monstrous feet invade my steadfast world,  
Where actions are repeated every day and  
The same faces are greeted every dawn.  
A reminder of truth set me in unrest,  
In heavy breath and watery eyes.  
Now is the time to do the dreadful deed;  
The time to change, to leave, to dissociate,  
And this penetrates my tender heart  
Which always seeks for eternity.  
I was smeared in seven different colours of the seven rainbows;  
Seven kinds of the sun and seven phases of the moon,  
In the seven years I spent here.  
The lovely people, places, and things have mingled me in them,  
My loyal friends wish me to stop as they shed their  
Green leaves standing in a queue,  
My secret sharers do not want me to part  
While they still wake me by chirping on my window,  
My old companions can hardly behold me leaving  
They wither their nascent vibrant petals.  
This pierced heart looks at them with tight  
Lips, but secret promises;  
Promises to come back again,  
Promises not to leave ever thereafter,  
Promises that give me hope and relief,  
Promises to keep the promise done long ago to someone  
Whose old and tired eyes are still praying for my dreams to  
Come true while I am moving for her to live that dream one day.



**\_Shruti Priya**  
**Research Scholar,**  
**Faculty of Arts,**  
**Banaras Hindu University.**

## हास्टल की सुनहरे यादे ।

हास्टल की सुनहरे दिन बहुत याद आते हैं। जब देखते हैं पुरानी फोटो हसी आ जाती हैं ओठों पर !

सुबह मेरा इंतजार करना एक आवाज के लिए कि पेपर ले लिजिए बहन जी आखों में एक नयी उमंग लेकर जगना, नहीं भूले हम ।  
हास्टल की सुनहरे दिन बहुत याद आते हैं।

मेस में साथ साथ भोजन करना, हसी मजाक, रूठना, मनाना, नहीं भूले हम आज भी याद आती हैं शाम की चाय मिलकर पीना और सग बाते करना रात के डिनर का इन्तजार स्वादिष्ट भोजन, नहीं भूले हम  
हास्टल की सुनहरे दिन बहुत याद आते हैं।

आज भी याद आती है बी.एच.यू. की पहली कृष्णजन्माष्टमी अनेकानेक रंगो, फूलो से सजी मालवीय जी की बगिया, नहीं भूले हम  
हास्टल की सुनहरे दिन बहुत याद आते हैं...

आज भी याद आती है बनारस की पहली देवदीपावली एक नयी उमंग लेकर बनारस के घाटों का भ्रमण करना, नहीं भूले हम  
हास्टल की सुनहरे दिन बहुत याद आते हैं।

आज भी याद आती हैं हास्टल की पहली होली रंगो में सराबोर कीचड़, मिट्टी डीजे नहीं भूले हम  
हास्टल की सुनहरे दिन याद आते हैं---

आज भी याद आती हैं बी. एच.यू. की पहली वसन्त ऐसा लगता था मानों हमारे देश का सबसे बड़ा त्यौहार चारों ओर मौसम मस्त है और हम बी.एच.यू. में मस्त चारों ओर ढोल नगाड़े बजाते , पीली साड़ी, धोती कुर्ता पहने आवारा लड़का लड़की घूमते ! नहीं भूले हम ।  
हास्टल की सुनहरे दिन बहुत याद आते हैं।

आज भी याद आता है वो बी. एच. यू. का पहला सावन आम और जामुन तोड़ के लाना मिलकर एक साथ खाना सावन के पहले सोमवार को एक साथ VT जाना बाबा से सिर्फ एक कामना करना की यही नौकरी दिलादो । नहीं भूले हम !

हास्टल के वो 7 वर्ष बहुत याद आते हैं। वो पावन दिन बहुत याद आते हैं । हास्टल की सुनहरे दिन बहुत याद आते हैं।

—Neha Gupta  
Research Scholar,  
Faculty of Arts (Sanskrit department),  
Banaras Hindu University.





## What we don't have....

What we don't have in our hostel...

We have safe and readily available drinking water;

We have safe, clean sanitation and hygiene;

We have healthy, nutritional food;

We have Sanitary napkin incinerator;

We have geyser for hot water;

We have seasonal planted flowers and full of green garden;

We have clean and hygiene environment in hostel mess;

We have 24 hours electricity;

We have 24 hours full speed internet connectivity;

We have good friendly and supportive Inmates;

We have recreation hall called common room;

We have Indoor games;

We have super active and too friendly two women called warden Ma'am;

We have so sweet and soft spoken women called Seema Ma'am;

We have all time available hostel staff called Mausi ji and electrician bhaiya;

We have person who are dedicated toward their work called gardener uncle and khuresha mausi;

We have annaya-daata with open heart called Maharaj ji and his staff;

What we don't have??

Shocked...????

This is human nature, we always focus on what we don't have. But we have all the necessities more than basics.

Sometimes, we forget to appreciate what we have.

Lets spread the happiness and positivity all around.

Lets appreciate what we have.....

This is my honour to be a part of my dream University.

\_Sonal Singh

Research Scholar,

Faculty of Law,

Banaras Hindu University.

# GLIMPSE OF THE YEAR 1998



Contributed by Dr. Sheetal Rana, Associate Prof.  
(Museology) Faculty of Arts, BHU Alumnus BHU



# Lift to Laddhak....

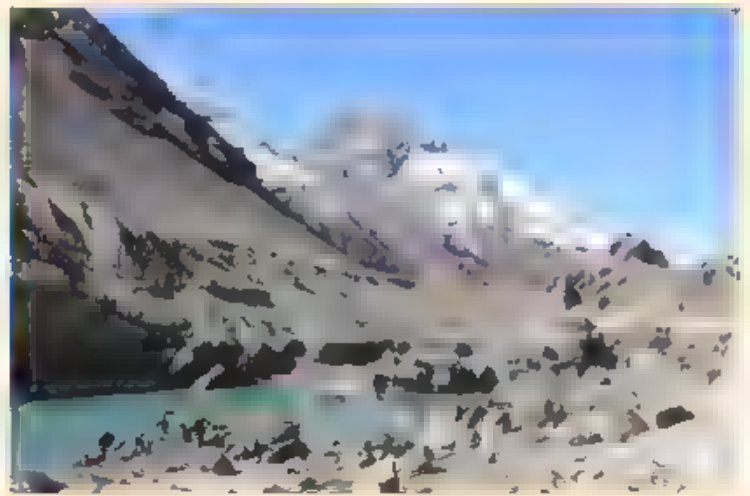
*captured by Sneha Rani*  
Research Scholar,  
Faculty of Visual Arts.BHU.

**Beauty of laddhak through camera lens.**

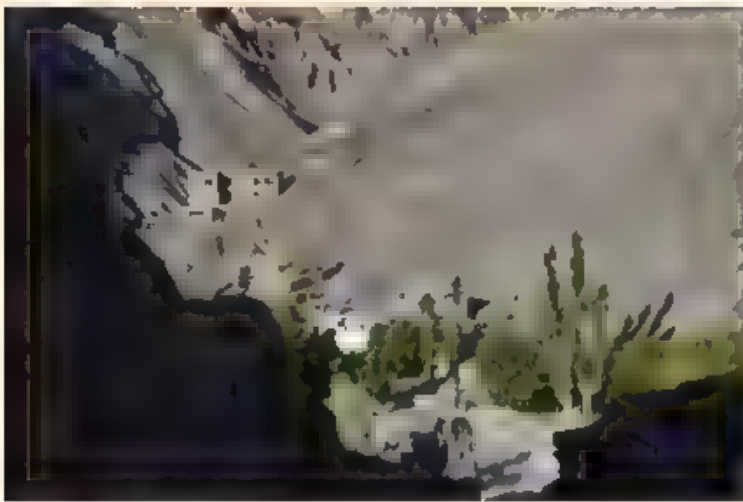


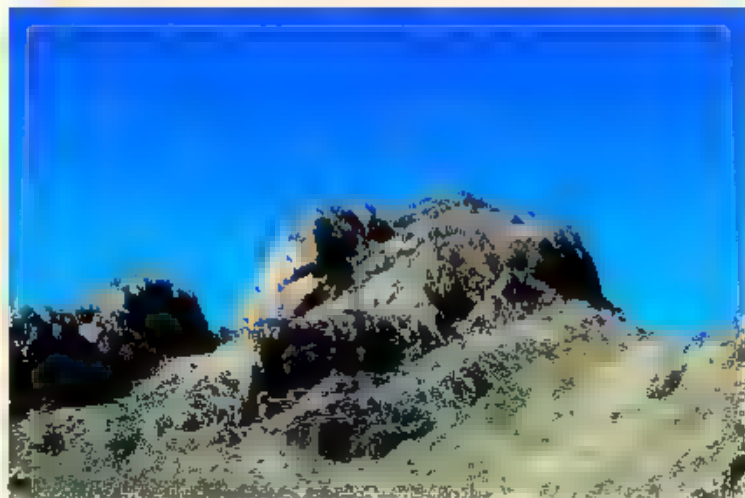
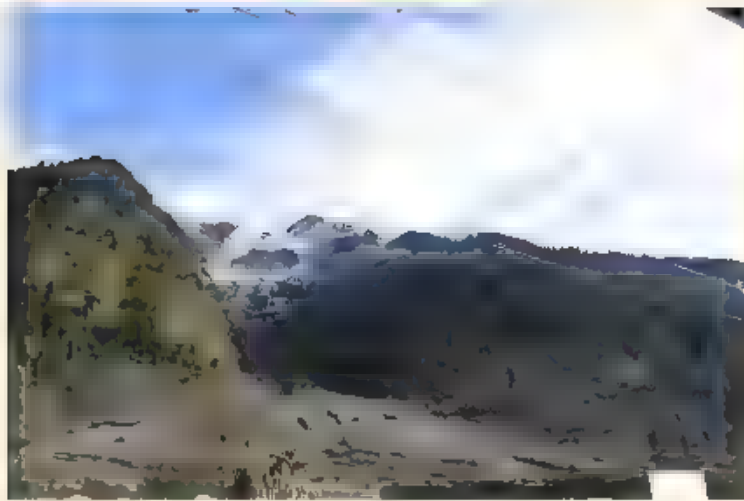
These lovely photographs are contributed by Miss Sneha Rani from her personal collection of her laddhak trip of 2020.

*Let's enjoy the beauty serenity of lovely and spritual Laddhak .*







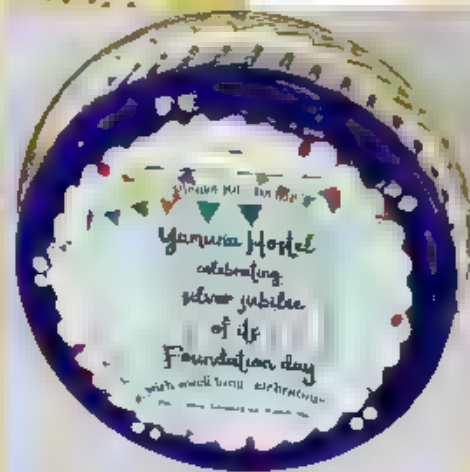


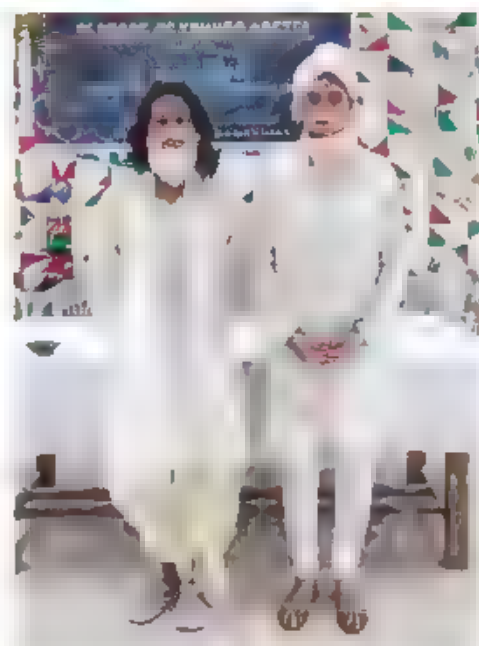


# The Picture Gallery



**#Silver**  
**Jubilee**  
**@2023**

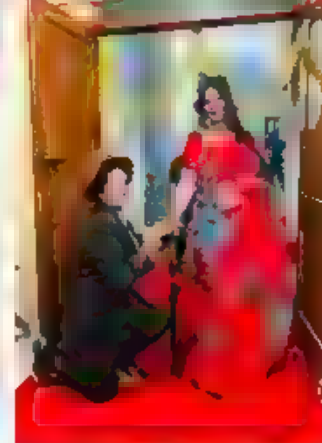
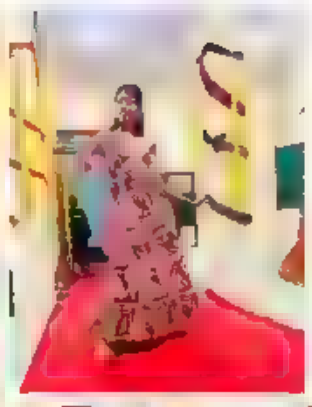
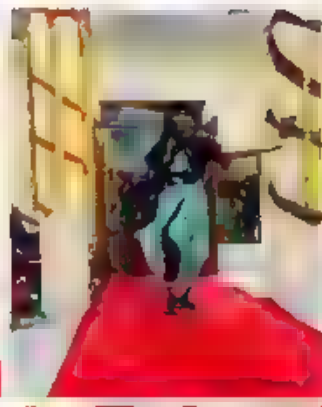




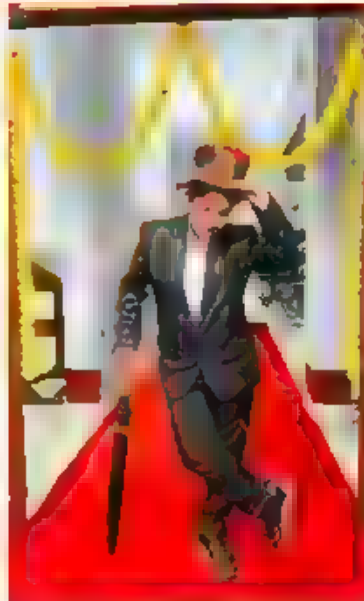
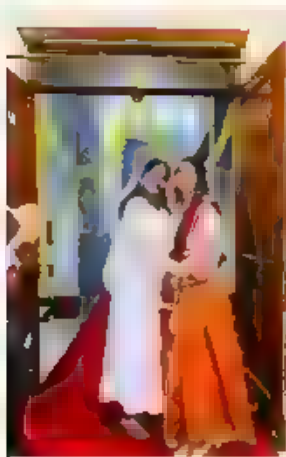
## **#workshops**



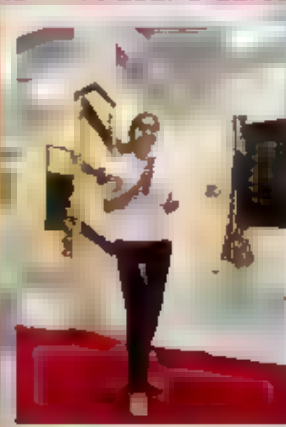
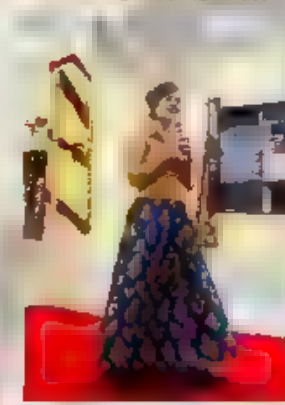




THE RETRO MANIA



CELEBRATING  
25 YEARS OF  
YAMUNA HOSTEL



#THE  
GAME  
NIGHTS





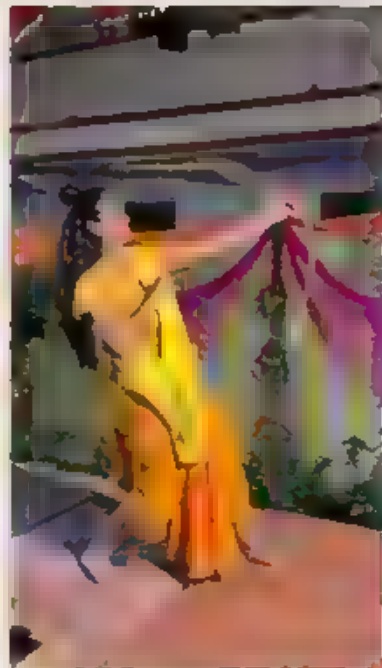


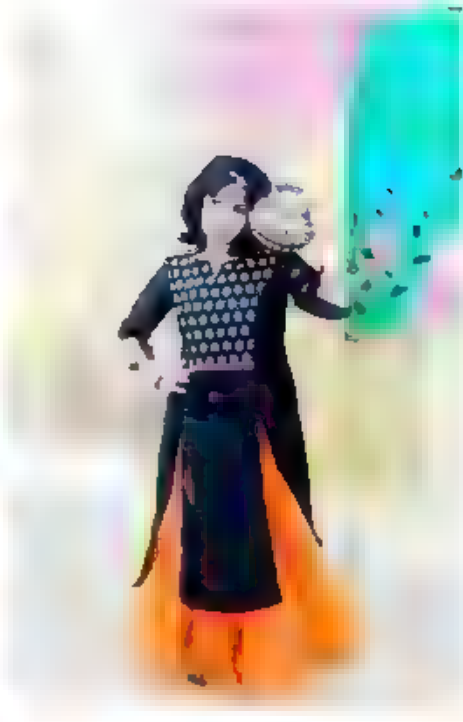
# # The Ramnavmi celebrations 2023





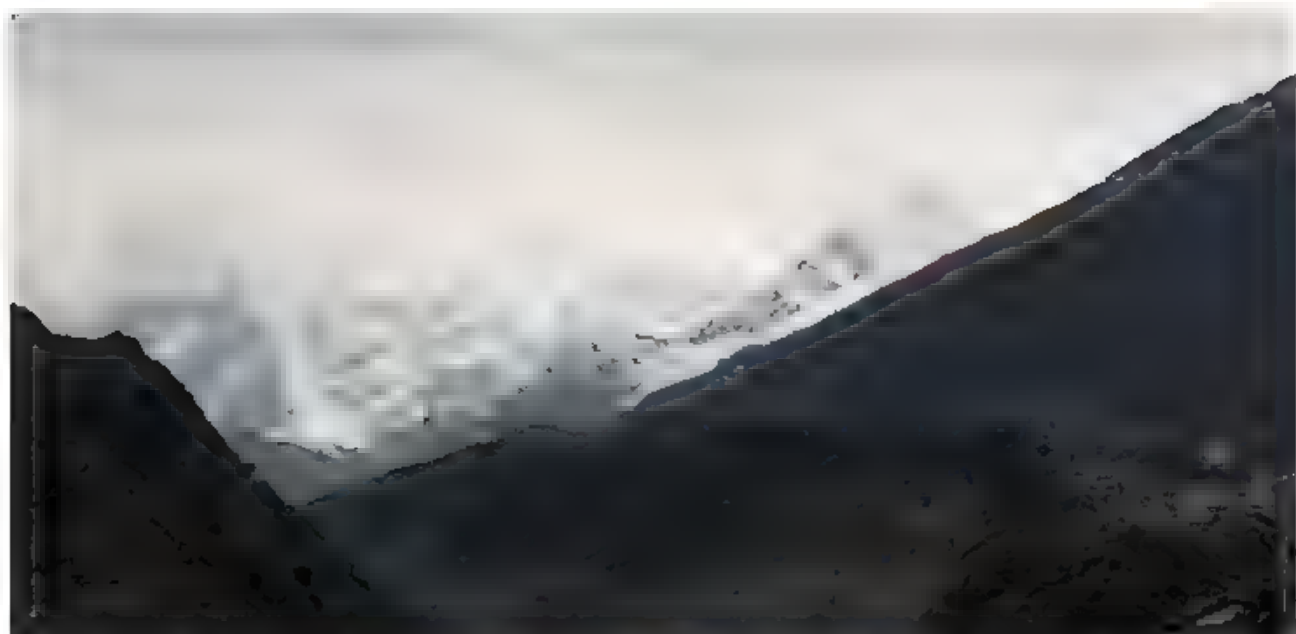






# विचार गंगा

## Kedarnath



Are you seeking an extraordinary travel experience that combines awe-inspiring natural beauty, spiritual awakening, and a transformative journey? Look no further than Kedarnath, a sacred destination nestled amidst the majestic Himalayas. A journey to Kedarnath is not just a physical trek; it is a pilgrimage of personal growth and self-discovery. The challenging trek itself tests your resilience and determination, pushing you to go beyond your limits. With each step, you not only conquer the physical obstacles but also discover the strength within yourself to overcome any challenges that life presents. The pilgrimage to Kedarnath becomes a metaphor for life's journey, reminding you of the power of perseverance and the rewards that await those who embark on the path less traveled. My Journey from Banaras to

Kedarnath was an extraordinary experience that unfolded with simplicity and profoundness. The enchanting landscapes, the spiritual essence of Kedarnath, and the personal growth I experienced along the way left an indelible impression on my heart. The trip served as a reminder of the beauty and divinity that surround us, and the importance of embracing the journey, both physical and spiritual. The memories of this pilgrimage will forever hold a special place in my heart, reminding me of the transformative power of travel and the eternal connection between nature, spirituality, and the human soul.

—Karishma Kabadwal,  
Research Scholar,  
Faculty of Law  
Banaras Hindu University.

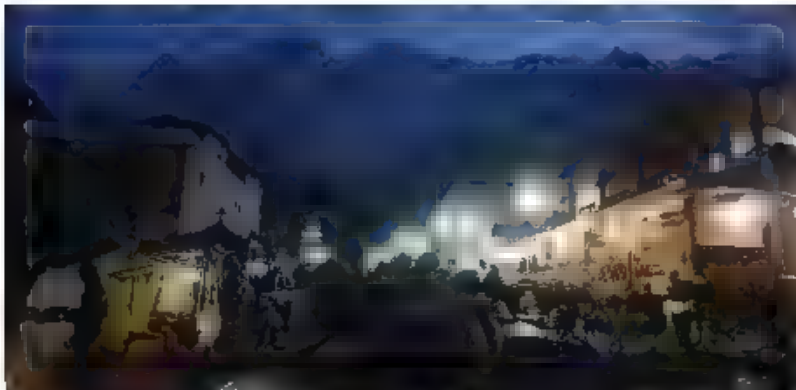




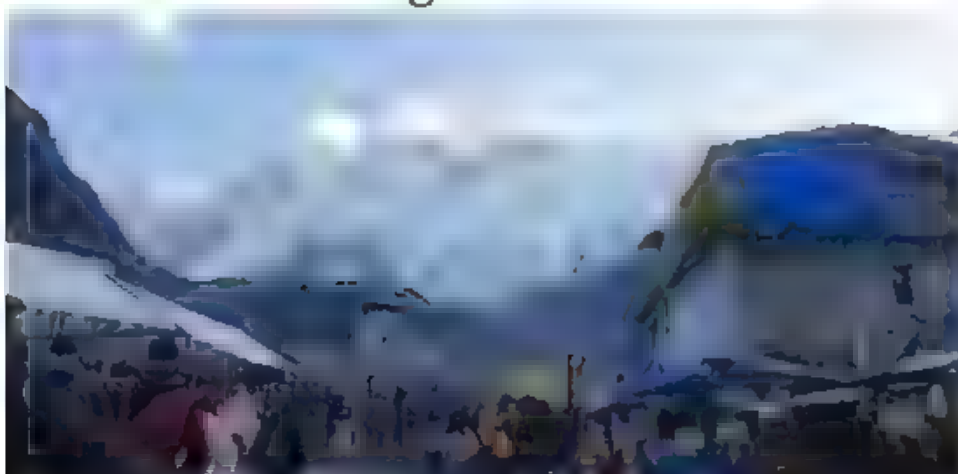
The Mountains of Kedarnath



The Temple

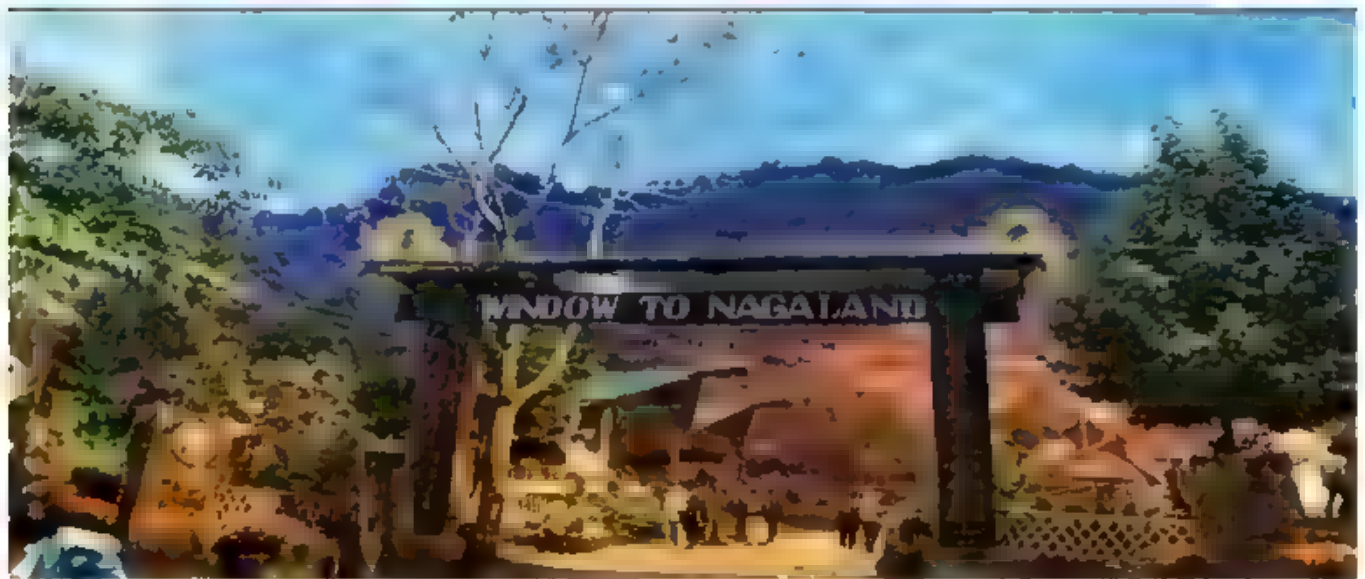


The Night View



The Temple  
from faraway

## HORNBILL FESTIVAL: FESTIVAL OF FESTIVALS



Hornbill festival is celebrated in the beautiful state of Nagaland situated in the Northeast region of India. It is an annual festival celebrated every year for 10 days from 1st to 10th Dec at Naga Heritage village, Kisama which is about 12 km away from the state capital Kohima. It is a vibrant festival that proudly celebrates the culture of Nagaland, showcases the rich and diverse Naga ethnicity through folk dances, traditional music, local cuisine, handicraft, art workshops, etc. The much popular music festival is held alongside. The festival is named after the Indian Hornbill, which is the state bird of Nagaland. Highly aimed to promote inter-tribal harmony and revive and protect the rich culture of Nagaland, it is organized by the State Tourism and Art and Culture Department, Government of Nagaland. All the tribes of Nagaland take part in this festival. Some of the key highlights include Traditional Naga Morungs Exhibition and sale of Arts and Crafts, Indigenous games, Cultural fashion shows, Herbal medicine stalls, Cultural Medley songs and dances. Traditional arts which include paintings, wood carvings and sculptures are also on display. Moreover, there are many stalls which offer local cuisine to try out and many showpieces and items made out of wood and bamboo for sale. People not only from the country but all over the globe very enthusiastically come and witness the rich festival which gives them an opportunity to understand better the people and culture of Nagaland.

YUPANGNENLA  
LL.M (GENERAL)  
FACULTY OF LAW , BHU

# The tale of Himachal

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In the heart of the mighty Himalayas, where the crisp mountain air kisses your cheeks and the gentle whispers of nature serenade your soul, lies the enchanting land of Himachal Pradesh. Amidst its towering peaks and verdant valleys, a mystical celebration unfolds, known as the Dham.

As the sun begins its ascent over the majestic snow-capped mountains, the aroma of spices and flavorsome delicacies drifts through the air, drawing the curious and the hungry to the grand feast that awaits them. Dham is a celebration of Himachali culture, a tapestry woven with vibrant colors, tantalizing aromas, and the rhythmic beats of traditional folk music.

The festivities commence with great zeal, as the local communities come together to prepare for the grand event. Men and women clad in vibrant attire, adorned with intricate embroidery, gather around massive cauldrons, their skilled hands gracefully stirring the bubbling pots of culinary delight. The rhythmic clanging of utensils creates a symphony of anticipation, echoing through the hills and valleys.

The centerpiece of the Dham is the traditional meal served on pattals, broad leaves plucked from the forest. As the villagers pour their heart and soul into each dish, the feast takes shape. Fragrant

basmati rice, simmered to perfection, forms the foundation, while aromatic curries made with locally sourced vegetables, lentils, and exotic spices dance alongside. Rich gravies, infused with the essence of mountain herbs, tingle taste buds and transport the senses to new heights.

The pièce de résistance is the soul-stirring dish called "Madra." As the heavenly aroma wafts from the pot, the secret ingredients come alive. Tender chickpeas, soaked overnight, blend seamlessly with yogurt, cinnamon, cardamom, and a myriad of aromatic spices. Slowly simmered over wood-fired stoves, the Madra acquires a tantalizing creaminess that melts on the tongue, leaving an indelible mark on the palate.

The villagers, with their hearts brimming with warmth and hospitality, invite one and all to partake in the grand feast. As visitors gather around the communal seating area, the vibrant tapestry of Himachali culture unfurls. Traditional folk music fills the air, its lilting tunes intermingling with the laughter and chatter of the gathered souls. Dancers, dressed in traditional attire, perform intricate steps, their feet tapping to the rhythm of the dhol and nagara, inviting everyone to join in the joyous celebration.



As the feast draws to a close, hearts and bellies filled to the brim, a sense of profound gratitude permeates the atmosphere. The Dham not only nourishes the body but also feeds the spirit, connecting individuals to their roots and igniting a deep appreciation for the rich heritage of Himachal Pradesh.

In this magical land, where the mountains stand tall and the rivers flow freely, Dham weaves a captivating tale of tradition, community, and culinary bliss. It is a testament to the unwavering spirit of the people, their resilience, and their unwavering bond with the bountiful land that cradles them.

So, if you ever find yourself in the mesmerizing realm of Himachal Pradesh, allow the allure of Dham to embrace you, transporting you to a world where flavors dance, melodies enchant, and the spirit of togetherness thrives.

\_Samriti Jaswal  
M.A. French  
Faculty of Arts.  
Banaras Hindu University.

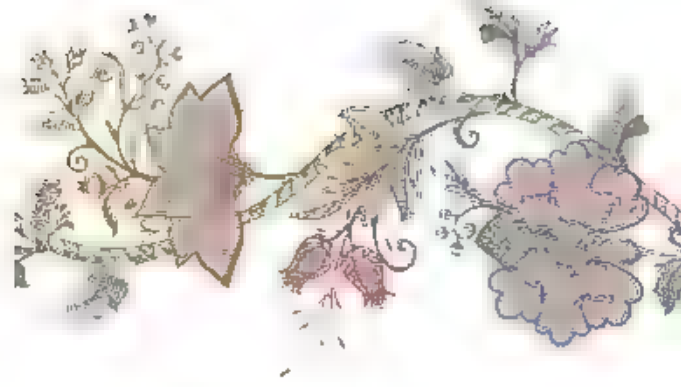
## **The Nature and Human Being**

Every living being is a part of, Mother Nature who creates and sustains everything. There is no one more powerful than nature in this world, she takes care of her children as a mother, but in return, human beings torture her instead of giving love. Due to motherhood, she tries hard and makes every possible effort to improve her children, but human beings never understand this. He considers the mother as his slave and betrayed her love and trust for his benefit. Because he does not understand that the powers that he has got are given by Mother Nature only. Is this possible that the power of a drop ever exceeds that of the ocean? Why do humans not understand such a small thing and keep on disrespecting their mothers love? Someone has rightly said that excess of everything is bad and this excess becomes the cause of destruction. When Mother Nature gets angry, the orgy of destruction begins. Whose only human is responsible, he makes the mistake of treating nature as a slave, considering himself superior in terms of his little power, and the result of this mistake is great destruction, a small example of which is Corona. Nature is just explaining now because she is a mother, but if humans do not improve then that day is not far when the mother in the form of nature will have to be forced to punish her children and that day there will be great destruction everywhere.

## **Teacher**

Psychologists say never focus on an empty part of the glass or the negative things of life always focus on the filled one or positive things but educationists say half filled is residual knowledge or capabilities and empty glass is the possibility to achieve many more useful things and we can do this with the help of residual knowledge or capabilities more efficiently. In this universe, everything has its importance. A teacher can make an idol out of stone, and even he does not throw the remaining pieces. He always works hard to decorate the idol from those waste pieces. Teachers can think and do like that only. This is what is given to society by making better use of each resource.

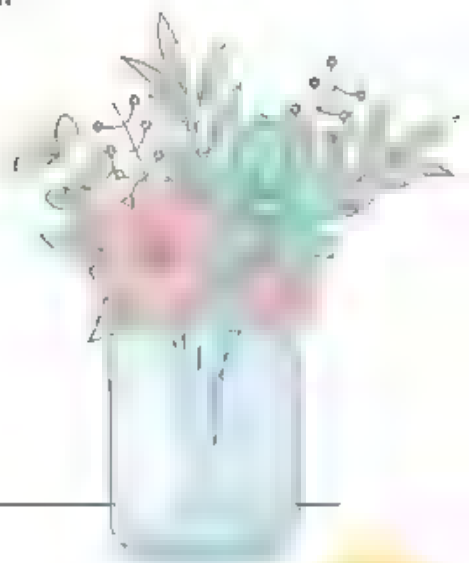
**Dr. Reetu Sharma**  
**Assistant Professor,**  
**Uttar Pradesh Rajarshi Tandan Open**  
**University.**  
**Alumnus, Faculty of Education.**  
**Banaras Hindu University..**



## काशी से मिला उपहार

कहा से शुरू करू समझ नहीं पा रही हूँ, सर्वप्रथम बाबा विश्वनाथ को नमस्कार करके अपने मन के भाव को व्यक्त करने की कोशिश करना चाहती हूँ। नमस्कार में वर्णाली, मुझ पर बाबा विश्वनाथ जी की असीम कृपा रही है जो की मैं काशी में रह रही हूँ, 2017 जुलाई को पहली बार यहां आई थीं, फिर क्या था वहीं की होके रहे गईं, पता नहीं और कितने दिन या साल बाबा रखेंगे अपने पास, खैर काशी हिंदू विश्वविद्यालय में पढ़ने आई थी बस, पर पता नहीं था यहा एक परिवार छोड़ कर आने पर कई और परिवार भी मिल जायेंगे, और ये सारे परिवार मिलकर मेरी एक छोटी सी कहना गलत होगा, तो एक बहुत बड़ी सी दुनिया जाने कब बन गई। पढ़ाई तो चल ही रही थी, क्योंकि बीएचयू का वातावरण आपको पढ़ना तो सीखा ही देता है उसके साथ साथ आपको जीवन जीने का तरीका भी कायदे से सीखा देती है, मास्टर्स में आए थे तो जिनसे सबसे पहले जुड़े उनका जिक्र तो होना ही चाहिए, कई सारे दोस्त मिले जूनियर्स के रूप में छोटे भाई बहन और सीनियर्स के रूप में बड़े भाई बहन और पिता सदृश मेरे शोध निर्देशक। काशी ने मेरे जीवन में कभी कोई कमी नहीं महसूस होने दिया, जैसे ही मास्टर्स खतम हुआ, घर भी गए पर कहीं न कहीं लगता था शरीर भले ही अपने घर में हो, काशी में आत्मा बस चुकी थी, फिर महामारी आई कोविड 19 जिसमे हम सबके जीवन से 1 वर्ष से ज्यादा समय छीन लिया, पर फिर से एकबार उम्मीद की लहरे दिखी और सबकुछ ठीक होने लगा, उसके बाद काशी वापसी हुई, पर उस समय होस्टल नहीं मिल रहे थे, कुछ दिन गेस्ट चार्ज में सरस्वती में रहने को मिला पर कोई दोस्त जूनियर सिनियर नहीं थे सब जा चुके थे या तो आए नहीं थे फिर भी चल ही रही थी जिंदगी गंगा जी के और बाबा के सहारे, और अचानक से जीवन में फिर से खुशियां दस्तक दी यमुना होस्टल के रूप में यहा फिर से कुछ पुराने लोग मिले कुछ नए, और देखते ही देखते कब एक बोहोत ही न्यारा प्यारा परिवार बन गया पता ही नहीं चला, ऐसे तो बोहोत लोग है परिवार में, पर जो आपके हर सुख, दुख, खुशियां, गम में सहभागी बने ऐसे हम 5 सहेलियों ने एक मजाकिया परिवार ही बना लिया जिनमे से, पति ( करिश्मा ), पुत्री (सगीता), ननद (शिवानी), बहन ( ककना) और मैं (वर्णाली) और हम परिवार को अच्छा अच्छा भोजन देने वाले हमलोगों के महाराज जी बहुत ही प्यारे सुलझे हुए व्यक्ति है, और सबका खयाल रखते है घरके बड़े लोगों के जैसा, उसके बाद हमलोगों की प्यारी सीमा मैम, जो हमेशा मुस्कुराते हुए बात करते है और हमलोग उन्हीं के निगरानी में रहते है, गेट वाले भईया, सफाई वाली आन्टी जी सारे लोग बहुत ही अच्छे है, और आखरी मे सबसे महत्वपूर्ण हमारी अंतरा मैम, सच में उनका धन्यवाद ज्ञापन के लिए शब्द कम पड़ेंगे मेरे लिए, क्योंकि मैंने जबसे उनको देखा है होस्टल में, वो हमेशा नए नए एक्टिविटीज कराते रहते है, बच्चों से खुद बात करके चीजों को ठीक करना, क्या जरूरत है किनको सबका सुनना और समझना, मैम आपको बोहोत बोहोत धन्यवाद अंतरा मैम एक ऐसा व्यक्तित्व है जिनसे सभी लोग प्रेरित हो सकते हैं। और जैसा कि मैंने शुरू में कही थीं बाबा ने कोई कमी नहीं रखा, जो भी मिला बहुत ही अच्छा मिला, जो मिल रहा है बहुत अच्छा मिल रहा है और विश्वास है मुझे जो भी मिलेगा बाबा विश्वनाथ की कृपा से वो स्वीकार होगा।  
हर हर महादेव 🙏🙏

**\_Barnali Singh**  
Research Scholar,  
Sanskrit Vidya Dharma Vigyan Sankaya,  
Banaras Hindu University





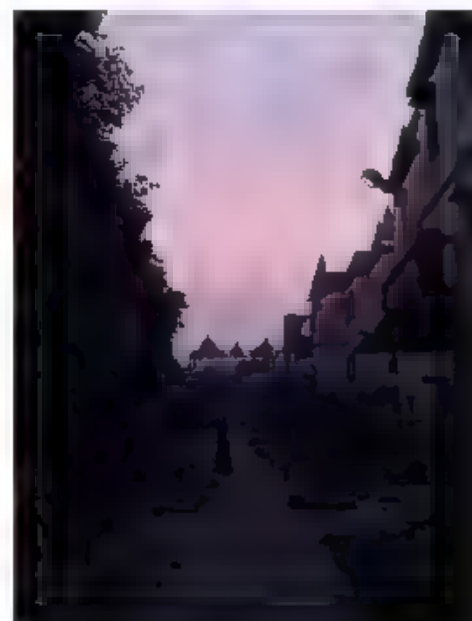


The best part of my days staying at Yamunal Hostel were the mornings. Getting to wake up to the sound of birds chirping right outside my window. At one point of time there was no need for me to keep an alarm to wake up in the morning, it was the melodius chirp of the birds that woke me up in the morning. I remember waking up sharp at 4:40 a.m without an alarm in the summer. I had no explanation for this weird phenomenon happening to me, I used to wake up not at 4:39 or 4:41, sharp at 4:40 a m everyday. So I went on to explain what was happening to me to my Yoga teacher, who explained to me the significance of this brahmal muhurta time. There is the preponderance of sattva or purity in the mind at this time, as well as in the atmosphere.

Another brilliant aspect of our hostel is the old style open construction of the hostel which forces us to be out in nature as soon as we get out of our rooms. And once I woke up to the sounds of birds and stepped out of my room, there was no going back to bed. The pictures I took around triveni and outside yamuna, are the pictures I took when I was out on my morning walks. I feel those walks in the morning, listening to birds and the bells of the temple really made me feel connected to nature. Having grown up in a city all my life, I have only ever been used to the noise and chaos of the metropolitan life. For once, I could experience peace and quiet.

I guess what I wish for every one of my readers is to be able to experience what I was able to experience living in Yamuna Hostel, i.e, a reconnect with nature. I hope you all enjoy seeing these unfiltered pictures taken in natural light, and get inspired to wake up early in the morning.

**Rose Thomas**  
**M.A. French,**  
**Faculty of Arts,**  
**Banaras Hindu University**



# सुनील सुनील Art Attack

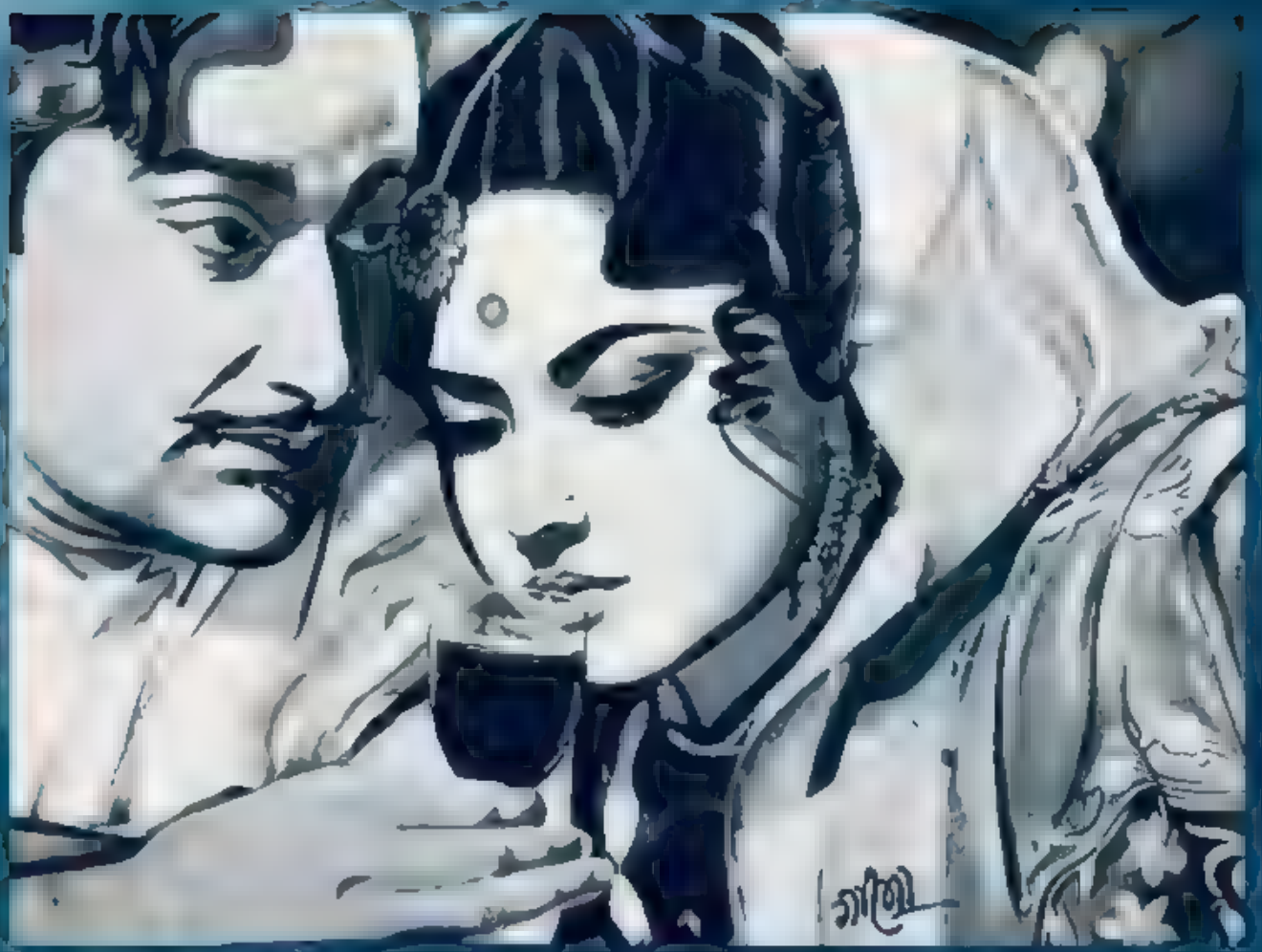


**Sakshi**  
**LL.B Student,**  
**Faculty of Law**  
**BHU**

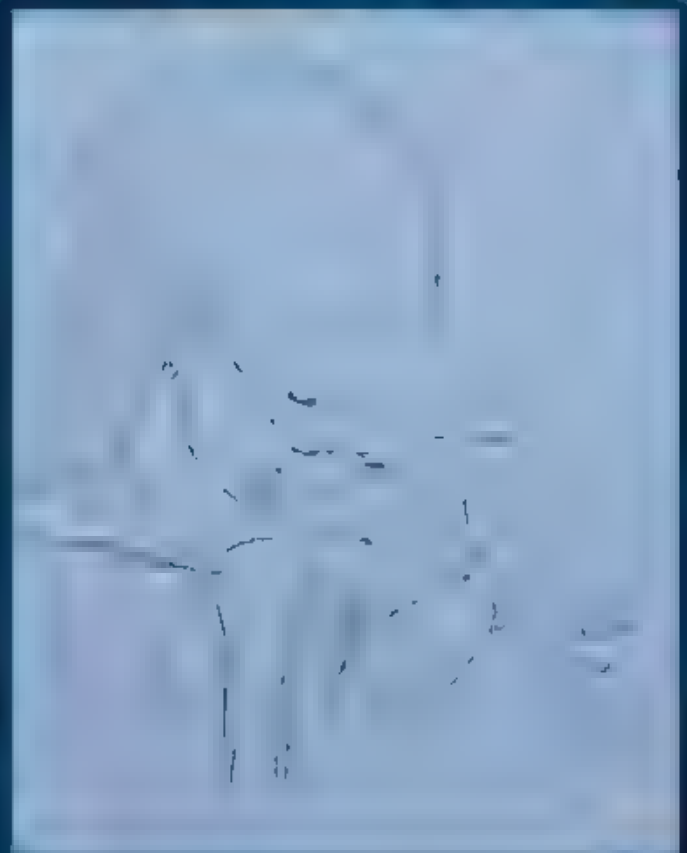


**Garima Dixit**  
LLM Student,  
Faculty of Law  
BHU





**\_Garima Dixit  
LLM Student,  
Faculty of Law  
BHU**



**\_Alaka kumari,  
Shastri Student,  
Sanskrit Vidya Dharm Vigyan  
Sankaya. BHU**

# FAREWELL TO THEE

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Five years passed, a lot of memories made, laughter shared, tear rolled, made lifetime friends, fought, celebrated and Yamuna Hostel stands witness to all. these were not just four walls giving us shelter but a place we called home for almost half a decade. Be it the discussions about the food for the next day in Mess with maharaj ji or the lemon spoon race, the badminton competition, dance competition or the ramleela manchan, everything will be missed and remembered . *Jisne is anjan jagah ko rahne layak banaya*. Our admin warden Maa'm who taught us that any place can be made better with diligent efforts, positive attitude and the big smile is the key.

Maharaj ji who made sure we were ded properly and specially Ankit who made sure we were served food fairly. A big thankyou for all your concern.

Shubhangi Soni  
Alumnus BA LL.B  
Faculty of Law,  
Banaras Hindu University.

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**Hostel life!! Superexciting & Amazing**

Started my journey with room no. 43 and the best part was that I could live there during my entire college days and it was all because of Rajni Ma'am and Antara Ma'am offcourse .....

Sometime with roomie and most of the time without rommie. But it doesn't mattered me a alot because room no. 47 was always there for me to listen my all chit-chats and for handling my tantrums. And after lockdown room no. 40 and my other batchmates too entered into my hostel life. Celebrating b'days at 12:00pm or gathering for tea at 6pm in room no. 47. Distributing laddoo every Saturday after visiting sankat mochan and being excited for Saturday's tehri. Getting ready together for going anywhere or everyone getting me ready of I have to go somewhere. It was all fun. Far from family but with another family there in yamuna hostel. Gonna miss this a lot.

For this memorable hostel life there are many people to thanks. Room no. 40,47, my lovely juniors and seniors , maharaj ji, that tulsi ji's pot before room no. 41, ankit, our neighbouring hostelmates and offcourse our warden who always come with new and exciting activities that kept us reminding that instead of being in last year of college we still need not loose enthusiasm in our life by celebrating little events.

Gonna miss badly those hostel daysa

- Shail Jaiswal  
Alumnus B.A.LL.B (Hons.)  
Faculty of Law,  
Banaras Hindu University.

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## **MEET OUR TEAM**



**SNEHA RANI**

**Phd Scholar,  
Faculty of Virtual Arts,  
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**SAKSHI**

**Law Student, LLB,  
Faculty of Law,  
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**KARISHMA KABADWAL**

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